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JULY 2016 #111 FREE

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Summer Gourmet 2016

Summer Meals that Beat the Heat
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Nigori Sake in the Hot Season



Special Interview

Tomoyasu Hotel (Rock Musician)

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The theme of the cover of this month is "Summer Gourmet". To find out more about this, check out the featured section from page 7.

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Tomoyasu Hotel
Tomoyasu Hotel: guitarist, composer, singer, songwriter and performer, has been internationally recognized for his original song "Battle Without Honor or Humanity" featured in Quentin Tarantino's Kill Bill movie. Before his performance at the Highline Ballroom on July 15, he clustered with Chopsticks NY.

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"My heart still pounds when I hold a guitar, and I still have the urge to 'knock out' anyone in front of my eyes." —TOMOYASU HOTEI

Though he had already been a big star in Japan for decades, Tomoyasu Hotei, guitarist, composer, singer, songwriter and performer, became internationally recognized for his original song, "Battle Without Honor or Humanity" featured in Quentin Tarantino's "Kill Bill" movie in 2003. Hotei is now celebrating his 35th anniversary of his music career by having live performances worldwide. Before his performance at the Highline Ballroom in New York City on July 15, he chatted with *Chopsticks NY*.



Photo by Michelle Yamamoto

Please tell us about your live NY concert on July 15.

The live concert will have a simple, three-piece set up with a British rhythm section. I want people to enjoy modern and innovative guitar music as well as nostalgic Japanese hits, the set list will be centered on music from the album "Strangers" and guitar instrumentals like the theme from Quentin Tarantino's film "Kill Bill" (for people who have not heard my music will definitely enjoy the program). I've been granted so many chances during my 35-year career in Japan, but worldwide, I'm still an unknown new-comer. So this NY live concert holds important meaning to me, as it is the first step for making a full-fledged approach towards the American market.

What is the ultimate aim of your new stu-

dio album *Strangers*? In it, you collaborate with a wide range of musicians, with back-grounds in punk, British rock, and Texas music.

I am happy to have a variety of guests and collaborations, including the rock and roll icon, Iggy Pop, Matt Tuck from Bullet for My Valentine from England, Richard Z. Kruspe of Rammstein from Germany, and singer Shea Seger from Texas. Because they were asked to provide vocals, I drew out my strengths as a guitarist and composer. I was strongly influenced by 70s glam-rock, 80s and 90s punk and New Wave music. This is all music that has a simple rhythm adds guitar riffs and sounds, and has a strong impact. My goal was to make "One and Only." Hotei music, using the guitar sounds of the good old days mixed with the latest beats and effects—we accom-

plished this in the best possible way.

This is your 35th anniversary as a musician. How has your music evolved, and what has remained unchanged over time?

My guitar playing has improved over 35 years, but perhaps I can't jump as high onstage anymore [laughs]. I definitely matured as a human being through my encounters with the many people I've met; what hasn't changed since the first time I encountered a guitar at the age of 14 and fell in love with rock, is my feeling for it. My heart still pounds when I hold a guitar, and I still have the urge to "knock out" anyone in front of my eyes. At the same time that I want to be a guitarist who makes people dance, I also want keep dancing with my guitar. I thank God for allowing me to encounter the guitar.

You have performed with orchestras and traditional Japanese instruments, but "Electric" is what is associated with you. What do you think about the potential of the electric guitar? Also, do you think about playing "unplugged," without the electric guitar?

Classicals can complement the charms of vocalists, while at the same time thrilling them and exciting them. Additionally, you can share the rhythms with the drums, though writing and enjoy chords with the keyboard player. It's a special contrast to be able to share instruments and heart, whether it is with voices, trombones, or DJs. When I'm playing with someone, I want him or her to feel good. And I have the self-confidence to do so. This is something I learned from playing with musicians from a wide range of genres. I have the confidence to make one feel the universe through the limited 22-string and

20-foot musical scale. The sound of the guitar is the voice of the soul. It is the ultimate instrument that can express sadness, laughter, shouting, whisper, and sometimes even silence. Of course acoustic guitar is great, but I want to mix in my gift in an electric pro.

What aspects of your sound have a "Japanese sensibility"?

Just because I am Japanese, it doesn't mean I grew up listening to the traditional music of Japan. I'm part of the generation that fell in love with, and grew up under, the influence of Western culture. I have a resistance to displaying a forced "Japanese" image that adds exotic elements like traditional music, kimonos, labaki. However, I've recently been feeling that I'm surely subconsciously projecting an "oriental je ne sais qui" within the core of my presentation. Even the "Kill Bill" theme "Battle Without Honor or Humanity" has parts that makes you somehow feel the phrasing of the shamisen or the dyeramen of the Japanese taiko drums. Even when I do a Blues session with Westerners, I am often told that my phrasing is very "exotic." I think it's a valuable weapon to have in order to work in the world. Living abroad, I noticed for the first time the good aspects of Japan, from now on I'd like to study the wonders of Japan a bit more, and then convey them to people around the world.

The theme song of the film Kill Bill is famous in the United States. Even without knowing the name HOTEL, everyone recognizes the sound of that adrenaline pumping intro. Please tell us more about how this all came to be.

This song was something I composed for the famous Yakuza movie "New Battles Without Honor or Humanity." I wasn't just a musician for it, I actually also acted in the movie. When I received the offer, many of the people around me were opposed to it. Perhaps they did not want me to feed into the image of the "outlaw." But I listened to my instincts and took the job. I really didn't believe my decisions would bring about a big change in my life. But Terantino and Robert Rodriguez, both of whom are interested in the alternative culture of Japan, saw this movie and both of them immediately liked that song, wanted to use it, and even competed for it. Terantino, being the big brother, won and sent me an offer.

I wanted to compose for him a new song, but he stubbornly insisted on this song. Supposedly before finding it, he was going to use music by Metallica for "Kill Bill." Sorry, Metallica. And Quentin, your choice was right [laughs]. The song title was also thanks to him. When I do this song at overseas festivals, everyone runs around to pay attention. But unfortunately this is what they say to me afterwards — "Your Kill Bill cover was the best!" It's a little mortifying, but I'm grateful that I have a "golden business card" in music. I am sincerely grateful to Terantino.

Since Kill Bill, has there been a big change in your overseas appeal and work opportunities?
I know the song has been used around the world, like the Super Bowl, the World Cup, sports channels, commercials and even ringtones. Having one's song become so beloved around the world means a musician's luck has been exhausted. But this is a great strength when introducing myself to the world. In fact, without even knowing my name, a lot of collaborators — when they realize that I'm the author and composer of this song — say, "Oh, that song! He'd be interesting." And then they start showing me interest. I'd definitely accept another offer to do film music.

You have been the opening act or guest artist for David Bowie, the Rolling Stones, Joni Mitchell, Lee Ritenour, and Chicago. Why do you think your music has so easily fit with such a wide range of styles?

I must be the only guitarist in the world with so many wonderful experiences! Of course I've been blessed with luck, but I didn't just wait for luck — I am aware of how much I had to do to make it happen by myself. I love bringing happiness to others with my guitar. I think every musician who has shared the stage with me has also enjoyed our sessions. My style of playing guitar while dancing is slow, but it also combines the modesty that is uniquely Japanese. Also, I grew up listening to all genres of music like film scores, jazz, classical and avant-garde music — not just rock. I think my strength is being adaptable for any type of music.

You will be going to Tohoku in August to visit the areas affected by the earthquake. What do you feel is the significance of such charity concerts?

There are still people suffering in areas of Tohoku where rebuilding has not moved forward. After large

earthquakes have caused damage in Kaniwato and Ota this year, Japan is now facing a harsh reality. As musicians, the thing that we can do is to, through music, send positive power to those whose emotions have been worn down. It may just be a temporary solution, but I do believe in the power of music. I'm very much looking forward to it.

Are there artists you would like to collaborate with in the future, or do you have projects on the horizon? The 2020 Olympics may be fun, perhaps that is in your sights?

I definitely want to share the stage with Iggy Pop someday. I want to collaborate with Beyoncé. An artist I enjoy is St. Vincent — I think she has tremendous talent as a guitarist. I also want to collaborate with talented unknown artists, not just famous people. The Olympics in Brazil is starting soon, so perhaps we will hear "Battle" being played again here and there. The Tokyo Olympics? Of course I will help if I am asked, but there are so many people lined up so I think my chances are slim [laughs].

Chopsticks NY readers are non-Japanese who are interested in Japan, and many of them wish to travel there. Please give us your recommendations for destinations, attractions or events.

The big cities like Tokyo or Osaka are fun, of course, but I think Japanese charm lies in its remote countryside. I'd want you to stretch your feet out and experience the rich nature. The fall, in particular, offers so many things, from autumn leaves to arenas, so make sure to look for more information about it. This year, my Japan tour begins in September, so if you are in Japan at that time, please come see me. I want you to enjoy my shows with the world's most passionate audience. I'm looking forward to meeting you all.

HOTEL—LIVE IN USA—

Celebrating his 25th anniversary as a musician, Hotel is currently touring worldwide. He will perform in Los Angeles for the first time and return to New York City.

July 12: Troubadour, Los Angeles
July 16: The Shrine Auditorium, New York

Look for his upcoming worldwide live performance schedule at hotelusa.com.

All Things New from Stores, Products to Events

FOOD

A Box of Seasonal Tastes: Artisanal Bento from shiki nyc

Ever since the Slow Food and Edible Schoolyard Project movements, the US has seen an increasing trend of eating locally grown ingredients. In Japan, the concepts of seasonality and sustainability have been common for centuries. A new made-to-order bento and catering company, **shiki nyc**, is now bringing personalized bento boxes to New York.

Shiki means "four seasons" in Japanese, and shiki nyc's bento boxes naturally celebrate the beauty of seasonal ingredients, which are excellent in both taste and nutrition. Founder Maria Iwano, a former fashion editor in Japan, is particularly meticulous about the presentation of the bento. "Colorful bentos are not only beautiful and appetizing to look at, but are also nutritious and balanced," says Ms. Iwano. Some of shiki nyc's signature items include Vegetable Mousser (light-cream mousser made from seasonal vegetables), Kale Salad with Tofu Paste (Season July) (a summery dish), (broth)-and-veggie Jell-O-like dish using vegetables, and Lotus Root Croquette (a trusty croquette featuring crisp, yet sticky lotus root). Shiki nyc has a standard bento menu, but customized bentos can also be ordered upon request. "Twenty dollars per bento box is not always an everyday price for everyone, but I want you to enjoy it as it is for those busy days in the city. It will help you reset your mind!" says Ms. Iwano.

shiki: @shikinyc | shikinyc@gmail.com



Shiki nyc bento boxes feature a variety of ingredients, seasonally well-balanced, nutritious, and visually pleasing. Healthy bento boxes are now being prepared at home, despite school anniversary schools here in New York City.



The minimum order is two bento boxes, and you must order at least two days in advance.



Shiki nyc also offers catering. Bento (just shipped) within a day of the most popular catering dishes.

BOOK

Revisiting and Redefining the Beauty of Green Tea

First published in 2004, *Mutsuko Tokunaga's New Tastes in Green Tea*, which introduced what was then a new flavor to most Americans, is now a modern classic. As green tea's popularity continues to increase, the paperback edition of the book was released this past May.

It includes comprehensive information about green tea—from its varieties, diverse taste profiles, history, and nutrient facts to

preparation techniques—allowing you to understand why this healthful drink continues to be embraced worldwide. The book not only delves deeply into timeless ways of using green tea leaves, but it also shares exciting and innovative drink and food recipes. Ms. Tokunaga offers step-by-step instructions accompanied by vivid pictures. Her recipes are unique, teaching you how to use green tea to prepare multi-cultural meals. For example, you can add matcha (a powder of ground green tea leaves) to European pastas for a sweet and delicious treat. There are also recipes for multiple savory dishes involving green tea.

New Tastes in Green Tea is an enjoyable book with surprising and useful information. Just reading it will make you a green tea expert!

shiki: www.kalenderhouse.com



New Tastes in Green Tea: A Novel/Recipe for Creative Drink, Dinner and Desserts by Mutsuko Tokunaga is a compact book that offers encyclopedia-level information about green tea.



© 2004, 2014 by Mutsuko Tokunaga

The book contains beautiful photographs which perfectly illustrate the recipe, passages in technique, and ingredients.



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Whether light or green tea you prefer, this book will help you make the perfect cup.

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Summer Gourmet 2016

Severely hot summer in New York tends to make us lose our appetites and energy. Here we introduce refreshing, hearty, appetizing and uplifting dishes that help fight summer lethargy.

08. Summer Meals that Beat the Heat

12. Energy-Boosting Noodle Dishes

22. Nigori Sake in the Hot Season

23. Twelve Nigori You Should Try!

26. Six Enticing Dishes You can Try at Home

Listings

Japanese Restaurant

Grocery



Summer Meals that Beat the Heat

Craft Appetizers with Beer

TOTTO RAMEN Midtown East



RESTAURANT DATA

212-1-524688, 86 St. 3rd fl.
3rd fl.
New York, NY 10022
Tel: 212-421-6552
www.tottoramen.com
Mon-Fri 11:30am-2pm
Sat 12:30-11:30pm
Sun 12:30-10:30pm



New York's favorite ramen house, **TOTTO RAMEN Midtown East**, serves not only their signature ramen (cloudy soup) ramen but also a variety of home-crafted original appetizers. From their newly introduced appetizers, they recommend their *Tanque Gyoza* for summer. Bite into the fluffy gyoza and savor the harmony of complex flavors and textures of the filling, made with marinated pork, seasoned with butter and aromatic (light) soy sauce. Beef tongue simmered in Kake no Bon (dark pork belly) style sauce, and cucumber and arare. *Totto Gyoza* (Japanese style) and *Chawan Miso* (Soybean Paste) also complement refreshing beer.

Inventive Thai Food Reaches New Heights

Blu Orchid Thai Kitchen



Vegetables and eggplants are sautéed with chicken like the *Maad Quat*, served with edamame beans and Roasted rice.



With coffee, we coffee, we know you're getting every possible sense of coffee.



The *Joan-Joan* Porter event just enough room for *Mango Shrimp* like Chef Chai's style.

You may think you're accustomed to Thai cuisine, but just wait until you see what they're doing at **Blu Orchid Thai Kitchen**. Located in Sunnyside, Queens, this two-year-old restaurant is presenting the core sense of Thai food, keeping authentic flavors intact while adding its own cooking techniques you may not expect.

Owner *Nguyen Chantana* and Chef *Maide Saksakorn* have gone all in to showcase their *Joan-Joan Porter* for example, which is cooked in a high-heat temperature controlled water bath to make it especially tender. Other Chef's Specialty like the *Maide Rice Roll* and *Joan-Joan Coffee* beautifully showcase Thai flavors through a modern eye. Even the Thai food bar or Thai food coffee is awesome, using frozen tea and coffee cubes to make waiting down flavors. And this is also one of the few places that serves Roasted rice, which is high in carbohydrates and so healthy as it is delicious.

Having from Thailand and a vision of places like *Kitchen*, the Chef regularly travel home for new inspiration. And her resulting compositions are beautiful, nuanced and perfectly balanced. The restaurant also plans a heavy emphasis on the quality of ingredients, seeking a level of quality that's hard to find in casual or fancy style joints.

Have you been craving a Thai style brunch on weekends? Then look no further. Blu Orchid Thai Kitchen answers all of your wishes.

RESTAURANT DATA

45-04 Queens Blvd., 4th fl. 45th St.
Sunnyside, NY 11104
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www.bluchefthai.com
Mon-Sun 11:30 am-11 pm



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(4-8:30 pm on Sat & Sun, drinks and desserts only)



SALT + CHARCOAL is the only eastern Japanese style (BBQ) restaurant permitted to use charcoal for grilling in New York City. This summer they introduce *Flavorate Omakase* which is guided with Blackstone oak charcoal, allowing a box of Camembert cheese to cook from inside and outside sealing in its aroma. Served with house-made cherry/basil and maple syrup, it offers unprecedented flavor. Pair it with their gelatins such as yellow, orange, mint/chili and wago beef soft. Don't miss their Puffy Puffer from 5:30-7 pm, serving beer or cocktail. Get 50% off their house sake for \$3.

Brooklyn Ball Factory is coming to Hell's Kitchen in July!

Available 8pm-10pm, 14 different grub items starting from \$10.50, beer, soft drinks, and more. \$12.95 per person, must include 10% gratuity. All items made with fresh ingredients. Space-friendly, no smoking in the building with a rapid fire exit door from Brooklyn Ball Factory. 718-782-2387



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The American sushi landscape has changed radically over the past few decades, and few restaurants have been a part of this evolution as long as SushiZen. Opened in 1987, during the time when the number of Japanese expatriates was at its height, this airport has been one of the most enduring restaurants in New York City. And even after the emergence of countless indispensable sushi places since then, SushiZen still stands among them as a tried-and-tested classic. True World Foods has been the main seafood purveyor for the restaurant for three decades.

Fast approaching its 30th anniversary, SushiZen humbly remains unchanged – it still feels like a temple that was created for the undisturbed enjoyment of sushi. The flagship on 49th Street between 5th and Madison (their second location on 48th between 6th and 7th opened in 1993) is especially tranquil, with its vast sushi counter, spacious layout of tables, and traditional *izukake* seating system. What has changed most about the restaurant, however, is its customers. In its early days, neophytes feasted on maki rolls, and hardly touched the bounty of raw fish that lay before them. But today, along with chopstick skills, the typical American sushi diner is exploring fish with an enthusiasm never seen before.

"Our customers will come to select the same fish from different regions to compare and contrast them – it is incredible. Like comparing Uni (sea urchin) from California versus from Maine," remarked executive director Mr. Kinsu Hasegawa. "If it wasn't for True World Foods, it's possible that sushi may not have evolved in this way in America. Their ability to source the freshest, most high quality fish – whether it comes overnight from the island of Japan or Long Island right next door – is really what gives us the ability to present authentic sushi, educate palates, and keep people coming back for more."

SushiZen presents some of the most mouthwatering pieces of fish that True World Foods has to offer. Diners can explore everything from Japanese (like Maguro (Bluefin Tuna) to Urushi (Eel), and everything in between. The Chazuriset, in particular, is a beautiful dish that presents the best jewels of the sea over a bed of sushi rice. And to watch the chefs work here is a delight, as every piece of sushi and sashimi come from hands that are so experienced they make the process effortless, and convey what Japanese sushi is about – perfection.

SushiZen Madison Ave

1015, 49th St, New York, NY 10017 TEL: 212-758-2700

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Soy Sauce



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with Sesame Sauce



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Dish & Drink



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14 West St.
(bet. Chambers St. & Fulton St.)
New York, NY 10003
Tel: 212-367-9850

38-12 130th St.
(bet. 58th Ave. & Macleod X)
Flushing, NY 11354
Tel: 718-389-8119

Established in 1985 in Kyushu, a mess of delicious ramen, **Ajisen Ramen** now has over 800 branches around the world. Their iconic summer ramen is **Ajisen Chiku** featuring their original refreshing ton sauce crafted with a blend of soy sauce, miso, and more aged for one full week then topped with sesame oil and lemon juice. The full-bodied ton sauce is perfect balance with their choicest type of soft noodle selected from this larger selection of 18 freshly made offerings. Toppings include classic Japanese favorites for an authentic but modern dish.

ABURIYA KINNOBU-JE Cold Sumaki Udon with Spicy Sesame Sauce



RESTAURANT DATA

213 E. 45th St.
(bet. 2nd & 3rd Ave.)
New York, NY 10017
Tel: 212-697-5404
www.aburiyakinnoBU.com
Mon-Fri: 11:30am-2:30 pm
Mon-Sat: 5:30pm-10 pm
Sun: 6:30-10 pm



For about a decade, **Aburiya Kinnobu-Je** has been a staple Japanese restaurant among New York gourmands. For a limited time, until the end of August, they will offer **Aburiya Cold Udon Noodle with Sesame Sauce**, original cold noodle dish using house-made style udon. Topped with house-made chashu (soft pork) and crisp vegetables and dressed with sweet, sour and salty sesame sauce, it is an absolute energy-boosting dish. Try with *u-yo* (spicy sesame oil) that can add a little bit of kick. Also recommended as a summertime lunch is **Seafood with Soba-glass** Sauce over Rice.

HINATA RAMEN Power-Boosting Soup-Java Ramen



RESTAURANT DATA

150 E. 58th St. (bet. 2nd & Lexington Ave.)
New York, NY 10003
Tel: 212-260-2574
www.hinataramen.com
Mon-Fri: 11:30am-11:30 pm
Sat: 12 pm-11:30 pm
Sun: 4-11:30 pm



Grown for its healthy ramen featuring protein (beef), veggie (miso) made with cage-free organic chicken, **HINATA Ramen** serves a variety of healthy MSG-free dishes. Their new creation of this summer, **Cold Soy Bean Ramen** is a unique soupless ramen highlighting curly noodles and grilled ground bean patties served with house-made soybean sauce and spicy sauce on the side. Topped with fresh vegetables and seared boiled egg, it is an appealing dish that beats summer lethargy. *Gyoza* (Dumplings) with Yuzu Sauce and *Nigiri* (Dishes) are also recommended for the hot season.

LUCKY CAT

Deckoning You In Poo-Tenkoba Ramen



RESTAURANT DATA

233 E. 53rd St.
(bet. 2nd and 3rd Aves.)
New York, NY 10022
TEL: 212-639-0333
Mon-Wed & Sun: 12 pm-10:30 pm
Thurs-Sat: 12 pm-10:30 pm
11pm-3am



You'll soon find out why this cat is so lucky when you see the playful dishes and lively atmosphere in the Midtown East restaurant: **Lucky Cat**. These one-dishes of all kinds, but this summer you'll want to reserve room for the **Lucky Cat Ramen** a tenkoba (pork bone) broth served with chashu pork, soft-boiled egg, spicy miso, chili oil, shiitake, asparagus, and menma (fermented bamboo shoots) all topped with non-anchoard. The broth itself has been simmered for 14 hours. They have a banyan popo, perfect for summer.

QB&Q

Cozy Market Style Food



RESTAURANT DATA

233 E. 53rd St.
(bet. 2nd and 3rd Aves.)
New York, NY 10022
TEL: 212-639-0333
www.qbq.com
Mon-Sun: 11:30am-12:00am

Other locations:
947 9th Ave., NYC
35 Water St., NYC



For six years, **QB&Q** a charming restaurant located in Midtown East, the Financial District and Hell's Kitchen has been bringing to the City what it considers to be the "Modern Thai". Of all the Thai and Vietnamese selections brought straight from the street markets of South East Asia, when summer is just around the corner, the most recommended item is the **Pho Bo** dish a broth consisting of beef, lemongrass, basil, and thin noodles served with basil and pho. Extra portions of beef can be added upon request. Pho itself is a popular street food in Vietnam.

TOTTO RAMEN HELL'S KITCHEN

Light and Invigorating Ramen with Yuzu



RESTAURANT DATA

484 48 St. at St. (bet. 4th & 5th Aves.)
New York, NY 10018
TEL: 475-691-9000
www.tottoramen.com
Mon: 4:30-11 pm
Tue-Sat: 11:30am-2:45 pm
4:30-11 pm
Sun: 11:30am-9:30pm



With more space and more the second location of **TOTTO RAMEN** offers a relaxing dining experience than the bustling first location. This summer recommendation is **Hot Gate Shio Ramen** which boasts light soup accentuated by uplifting yuzu. Unlike this signature penta-bloody soup, this soup is clear, made with kombu dashi, bonito flakes and chicken. Toppings include moist chicken breast, soft-boiled egg, low-sodium asparagus, and chashu meatball, which are light yet hearty enough to give you a power boost. It's a summer ramen series, which is brought by TOTTO that knows everything about chicken.

ZURUTTO RAMEN

Spicy Basting House-Rice

45 Sapporo Beef Bowl
and Fried Chicken (2 post)
4:30-8:30 pm from Mon-Fri



RESTAURANT DATA

143 W. 17 St. (bet. Columbus & Avenue C)
New York, NY 10011
TEL: 212-496-0022
www.zurutto.com
Mon-Sun: 4-11pm



Opened this April on the Upper West Side, **Zurutto** already attracts enthusiastic ramen fans and regulars. With heat from house-made chili-spicy sauce and hot and pepper and hearty meat sauce, this newly introduced **Battle Box Rice Bowl** gives you a enough energy just by knowing it. But, an especially worthy bowl from white (truffle oil) is the heart of this rice bowl (soup-less version). It's a hot-baked bowl, is accentuated by pork or chicken and a cup because of fried onion chips. Now well before digging into it. Other must try dishes are **Hokkaido Gyoza** and **Kara-age**.

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1000 Ave. of the Americas (bet. 103rd & 104th St.) 212-279-6351	\$25
Upper East	Mahoe
47 E. 78th St. (bet. 76th & 79th Ave.) 212-764-0154	\$25
Upper East	Nirvana Ramen*
1030 1st Ave. (bet. 103rd & 104th St.) 212-273-1023	\$15
Upper East	Oshi Sashimi
1000 2nd Ave. (bet. 101st & 102nd St.) 212-429-0201	\$25
Upper East	Pekoe
503 E. 78th St. (bet. 76th & 79th Ave.) 212-249-6329	\$25
Upper East	Suzushina
401 E. 79th St. (bet. 76th & 79th Ave.) 212-270-7143	\$10
Upper East	Shokyo-Sushi 78*
214 E. 78th St. (bet. 76th & 79th Ave.) 212-484-6529	\$25
Upper East	Sushi Kona
380 E. 72nd Ave. (bet. 70th & 74th St.) 212-323-6362	\$25
Upper East	Sushi of Gaea
403 E. 78th St. (bet. 76th & 79th Ave.) 212-873-1040	\$20
Upper East	Sushi Saki*
71-73 1st Ave. (bet. 72nd & 73rd St.) 212-271-6228	\$15
Upper East	Sushi Saki
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500 1st Ave. (bet. 50th & 51st St.) 212-120-0200	\$25

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2147 1st Ave. (bet. 75th St.) 212-512-0252	\$25
Upper East	Yuzen
734 E. 74th St. (bet. Lexington St. & Ave.) 212-411-0002	\$20
Upper East	Wuzuo Lohby
504 1st Ave. (bet. 50th St.) 212-415-0002	\$20
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Upper East	Yuko
152 1st Ave. (bet. 1st St.) 212-691-0000	\$25

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Midtown West	Aji's Sashimi
207W 49th St. (bet. 48th St.) 212-215-2491	\$15
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381 W. 42nd St. (bet. 37th & 43rd Ave.) 212-492-0880	\$10
Midtown West	Aoki
224 W. 44th St. (bet. Broadway & 4th Ave.) 212-564-2200	\$20
Midtown West	Bancho 52
241 W. 12nd St. (bet. 10th & 14th Ave.) 212-251-2713	\$15
Midtown West	Banchohan
45 W. 50th St. (bet. 5th & 6th Ave.) 212-681-0200	\$10
Midtown West	Beats Sashimi*
180 Broadway (bet. 16th & 19th St.) 212-264-1000	\$15
Midtown West	CONTOUR-PA*
202 W. 124th St. (bet. Broadway & 4th Ave.) 212-691-0000	\$20
Midtown West	Go Sashimi
734 1st Ave. (bet. 7th St.) 212-496-2200	\$20

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209 W. 10th St. (bet. 10th & 11th Ave.) 212-564-0000	\$20
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240 W. 11th St. (bet. Broadway & 4th Ave.) 646-271-0000	\$20
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NIGORI in the Hot Season

The word "nigori" literally signifies a state of cloudiness or cloudiness, and when applied to sake, *nigori* (the short form of *nigori-zake*) refers to a white, unfiltered sake that has a generally richer taste and a thicker in texture. To find out the best way to enjoy *nigori* during the summer, *Chopsticks NY* consulted Mr. Toshiyuki "Toshi" Koizumi, Wakan Brooklyn's owner and sake sommelier.

What is Nigori?

To put it in the simplest way, *nigori-zake* is a coarsely filtered sake. What this means is that moromi (fermented rice through brewing process) is strained with a coarse filter, instead of the fine filter that is used to make regular, clear sake. This allows moromi mesh to go through the filter along with clear sake, and the final result is cloudy with a richer and often fuller taste.

But according to Toshi, there are many *nigori* production methods, making *nigori-zake* diverse in taste and type. "The degree of fineness of a filter coarseness affects the sake's flavor and look. There are brewers so that put a certain amount of moromi mesh back into the coarsely or finely filtered sake to make *nigori-zake*. Some also add sugar after the filtration," he explains. Also, unpasteurized *nigori-zake* has live enzymes in it, so fermentation still goes on even after being bottled. This causes in-bottle carbonation, providing a nice sparkling effect. He says, "You can sediment on the bottom of a *nigori-zake* bottle, and that is moromi mesh. When you drink it, do not shake the bottle but instead hold the bottle upside down and wait for the sediment to be gently distributed throughout the entire bottle."

Nigori-zake can still be classified as *junmai*, *daiginjo*, *ginjō*, *honjō*, etc., and its alcohol content range varies from brand to brand. Since *nigori* is richer in taste and texture, it offers more drinking options in addition to simply changing drinking temperature.

Nigori-zake Summer Style

During the hot season, people crave ice-cold refreshing drinks. *Nigori* has enough body to hold its own with ice – a taboo for other standard sakes – and is also great in cocktails. Toshi shares six ideas for how to enjoy *nigori* in summer style: "Dry and sweet, thick and light, high and low in alcohol content, there are a wide variety of *nigori*, but I recommend using *nigori* with higher alcohol content for experimenting with these cocktails. One is *Kikusai Perfect Snow*, which has 21% alcohol content as compared to 16-18%. If you are a lightweight, of course you can choose one lower in alcohol."

Nigori & Orange Juice

Four orange juice in a glass and three gently pour in a nip of 1 for 1 sake.



Nigori & Seltzer/Sparkling Water

Four to five in a glass and three gently pour in a nip of 1 for 1 sake.



Nigori & Umeshu (Plum Wine)

Four nigori in a glass and three gently pour in a nip of 1 for 1 sake.



Nigori & Frozen Fruits

Put in such frozen fruit as grapes. Mix in a nip of 1 for 1 sake and gently mix with the frozen fruit and the nigori is delicious.



Nigori Affogato

Four nigori in a glass and three gently pour in a nip of 1 for 1 sake.



Nigori Chocolate Drink

Put 1 portion of chocolate syrup and 3 portions of nigori in a glass.



To experiment with these summer style *nigori* cocktails, Toshi used the two different types of light *Sho Chiku Bai Nigori* and full-bodied *Kikusai Perfect Snow*. When using the former, the drinks became sweeter and easier to drink. With the latter they turned out richer with a greater alcohol content.

Toshiyuki Koizumi

Formerly of Sake House, Brooklyn Koizumi is a certified sake and wine sommelier and the owner of Wakan and Wakan Brooklyn. He is passionate about promoting the beauty of sake and constantly explores how to introduce this Japanese drink to Westerners.

Nigori Flight at Wakan Brooklyn

In order to showcase a wide spectrum of *nigori-zake* tastes, Wakan Brooklyn is serving a flight of *nigori-zake* handpicked by Mr. Koizumi. Please call the restaurant for details.

Wakan Brooklyn 440 Bergen St., 2nd, 5th & 6th Floors, Brooklyn, NY 11217
Tel. 347-295-6562 | www.wakan-brooklyn.com

12 Nigori You Should Try!

Obiwatasuru - Junmai Nigori



This lush, lively ultra-fine nigori is reminiscent of green apples, melons and a spritz of citrus fruits with a hint of almonds. On the palate, it is delicate, dry and crisy with a pleasant, clean finish.

Akita Sake Co., Ltd.
Akita Prefecture
www.gin-g.jp
Distributed by The Wine Group

Gekkeikan Nigori



A junmai with a thick, creamy viscosity and a milk-like appearance. Sweet with a creamy melon, body hints of honey and tropical fruit with a tang finish. Delicious with fresh fruit salad, lightly sweetened desserts, rich flavored meat dishes and spicy food.

Gekkeikan Sake (USA), Inc.
Folsom, California
www.gekkeikan-sake.com

Hanabishi - Snow Beauty - Junmai Nigori Sake



Made with optimal sake rice Yamadahoiki, this nigori sake has a traditional flavor, velvety texture and a pleasant fragrance of freshly steamed rice. Great as an aperitif or well as paired with wagna beef and spicy cuisine.

Tokunome Sake & Brewing Co., Ltd.
Haga Prefecture
www.hanabishi.co.jp/en
Distributed by JTC International Inc.

Hakutsuru - "Sayuri" Nigori Sake



Made from selected soft, deep and natural water from the Mount Fokko. Sayuri, meaning "Little Lily," embodies goodness; it is as lively and sweet as a nigori as it looks. Best served chilled.

Hakutsuru Sake Brewing Co., Ltd.
Haga Prefecture
www.hakutsuru-sake.com/top.html
Distributed by JTC International Inc.

Hanagaki Usunigori Junmai Daiginjo



This elegantly light nigori boasts a clean finish and silky texture with a refreshing aroma. A little less viscous stays on the tongue and when you shake the bottle it glows a beautiful milky white. It is the perfect nigori from spring to summer.

Hanaka Sake
Fukui Prefecture
www.hanagaki.co.jp/Japanese/sake/
Distributed by JTC International Inc.

Honore - Nigori Aladdin Bottle



Enclosed in a safe, pink, lamp-shaped bottle, this nigori has a rich taste with mild sweetness and a lush aroma of banana and pear. It goes well with any Japanese meal. Ideal for gifts and parties.

Honore, Sake Brewery Co., Ltd.
Fukushima Prefecture
www.honore.co.jp
Distributed by Wines & Ales/Trade, Inc.

Kikusui Perfect Snow



This unique nigori sake, sold only in the U.S., boasts a sweet, richly crag taste and creamy texture. With a high alcohol content of 20%, it has a strong impact on the palate, leaving a trace of textured ice granules.

Kikusui Sake Co., Ltd.
Nagato Prefecture
www.kikusui-sake.com
Distributed by NY Mutual Trading Inc.

Murai Family - "Nigori Genshu"



This coarsely filtered, undistilled sake is the finest example of its kind. The tiger premium sake has a smooth and creamy texture with notes of coconut and pineapple and complements heavy dishes.

Murai Family Wines&Ales/Brewery Japan
Aomori Prefecture
www.muraisake.com/murai
Imported and distributed by Sake Bros.

Naganagawa - Sparkling Nigori



Unique nigori with slight carbonation from a bottle fermentation which gives it a crispness. Caution carefully on the nose and a mildly bitter after taste. It's the perfect nigori for the summer season. Best served chilled.

Naganagawa Sake Brewing Co., Ltd.
Gifu Prefecture
www.naganagawa.co.jp
Distributed by NY Mutual Trading Inc.

Shirakawago - Sasanigori



One of the very first nigori sakes introduced in the U.S. market. An aromatic, unfiltered sake that highlights the natural essence of rice at its best. It is well balanced in sweet and dry taste with a viscous texture.

Mitsui Sake Co., Ltd.
Gifu Prefecture
www.sasanigori.co.jp
Distributed by Wine of Japan

Sho Chiku Bai NIGORI Silky Mild



With a rich, mellow taste and a clean finish, Sho Chiku Bai Nigori is crafted in the U.S. based on traditional nigori sake brewing methods handed down in Japan for centuries. Slightly sweet and medium body, this nigori pairs well with a variety of dishes.

Tokura Sake USA, Inc.
San Jose, CA
www.tokurasake.com
Distributed by NY Mutual Trading Inc.

YUKI Nigori White Peach



YUKI Nigori White Peach is a new nigori sake from YAKOMA Refining and sweet aroma of white peach with nigori's mellow body and smooth texture, makes this sake unique and delightful. Great as an aperitif or a domestic beverage.

Tokura Sake USA, Inc.
San Jose, CA
www.tokurasake.com
Distributed by NY Mutual Trading Inc.

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Mixology Lab

The sunflower is a symbol of the summer sun. For the July issue of *Mixology Lab*, Yuki Mizukawa, Sake Sommelier at Masa, creates a summer cocktail featuring a rare sake made with sunflower yeast, Amabaki Jumanji Gorge Name Sunflower Yeast.



Amabaki Jumanji Gorge Name Sunflower Yeast

Category: Jumanji Gorge

Origin of production: Saga Prefecture

Rice milling rate: 95%

Alcohol content: 15-17%

Bottle size: 720ml (24 oz)

Features: This is a *nima gashu* (unpasteurized and unfiltrated sake) made with sunflower yeast, which has a hint of dryness plus a rounded flavor. It is great with an array of dishes, but its refreshing taste goes particularly well with vegetable dishes. Its sharp aftertaste is perfect as a summer drink.
Distributed by NY Mutual Trading, Inc.

TAIYO: Taste of Sunshine

Cocktail recipe courtesy: Yuki Mizukawa, Sake Sommelier at Masa

Summer and sunflower are synonymous, at least in Yuki Mizukawa's TAIYO—meaning “the Sun” in Japanese. She explains the inspiration behind her original cocktail: “When we think of summer, we always think of a sunflower. Amabaki Jumanji Gorge Sunflower Yeast, made with sunflower yeast, is a natural choice for a summer cocktail.” According to Yuki, sake sommelier at Masa, the sake has a hint of a nutty aroma, which goes well with orange syrup (lemon-lime thick syrup with orange blossom). When she adds yuzu citrus and shiso leaf (Japanese basil) for a Japanese twist, it creates a complex and dangerously refreshing cocktail, making you drink one after another. This cocktail can be enjoyed at Masa and Bar Masa.

Ingredients: Serves 1

■ 3 oz Amabaki Jumanji Gorge Name Sunflower Yeast ■ 0.25 oz Yuzu Citrus Liqueur ■ 0.25 oz Lime ■ 0.75 oz orange syrup ■ 1 shiso leaf

Directions:

1. Put 1 shiso leaf and lime juice into a glass and mash well.
2. Add Yuzu Citrus and homemade orange syrup.
3. Pour Amabaki Jumanji Gorge Name Sunflower Yeast and shake well.
4. Double strain it to serve.



Amabaki Shuzo Co., Ltd.



Even with over 300 years of history, the long-standing and well-established sake brewery in Saga Prefecture of the Western part of Kyushu Island is quite adventurous in exploring new flavors, methods and styles of enjoying sake. One good example of their challenging spirit is reflected through their sake series that uses flower labo yeast. Introducing flower yeast is relatively new in the sake brewing history, and Amabaki Shuzo is one of the pioneers in making use of this type of yeast. Currently, 7 flower yeast sakes from the brewery are available, including the Amabaki Jumanji Gorge Name Sunflower Yeast (featured here) as well as the ones with strawberry flower, camellia and pink flower.

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Saga 847-0194 093-0733 | www.amabaki.com

Masa

Spearheaded by celebrated sushi chef, Masa-yoshi Takayama, Masa is an upscale Japanese restaurant in the Time Warner Center at Columbus Circle. Serving highly seasonal and sophisticated tastes in a unique atmosphere, it guarantees a remarkable dining experience. Omakase starts at \$950 per person. For more appointments, casual dining, visit adjacent Bar Masa (www.barmasany.com).



11 Columbus Circle
Time Warner Center, 4th Fl., New York, NY 10036
TEL: 212-473-8807 | www.masany.com

Arugula and Grilled Chicken Pita with Wasabi Salsa



Ingredients

(Serves 2)

- 1 boneless, skinless chicken breast half
- 1 cup fresh arugula
- 1/2 cup sliced tomato
- 1/4 cup finely chopped onion
- 1-2 tbsp Kakemon Wasabi Salsa
- Salt and pepper to taste
- 1 tbsp olive oil
- 2 pita bread

Directions

1. Salt and pepper chicken breast and coat it with olive oil.
2. Heat grill (for frying pan) and grill (for sear) both sides of the chicken breast until cooked through. Set aside.
3. In a bowl, mix sliced tomato, chopped red onion and Kakemon Wasabi Salsa. Adjust the amount of sauce according to your taste.
4. Slice chicken breast in 1/2 inch strips.
5. Cut pita bread into half and stuff it with arugula, chicken strips and some wasabi salsa.

Pinch: For extra zesty, use 1 tablespoon of wasabi sauce and 1 tablespoon of mayonnaise. Chicken can be substituted with other meat, seafood or tofu.

Kakemon Wasabi Salsa
Kakemon Wasabi Salsa adds a spicy kick and a lot of zesty texture to everyday foods. Turn up the heat on vegetables and sandwiches, put more zip in soups, burgers, chicken and fish, or add the zing and spicy kick to dressings.

www.kakemon.com



Beef Shabu Shabu



Ingredients

(Serves 2-3)

- 1/2 to 1 thinly sliced beef (cut for shabu shabu)
- 1/4 whole napa cabbage
- 1 bunch scallions
- 4-6 shiitake mushrooms
- 2-3 slices carrot, cut into flower shape
- 1 cup water
- 1/2 bunch dried kombu (optional)

For dipping sauce:

- Kakemon Ponzu
- Kakemon Peppercorn Sesame Sauce
- Grated ginger to taste
- Finely chopped scallion to taste
- Grated daikon radish to taste

Directions

1. Soak the kombu fully in a pot filled with cold water for about 30 minutes.
2. Cut napa cabbage into bite size pieces.
3. Slice scallions diagonally.
4. Prepare the dipping sauces by adding grated ginger, chopped scallions and grated daikon to ponzu, and chopped scallions and ginger to sesame sauce.
5. Bring the pot of water to a gentle simmer and take out the kombu.
6. Pick up beef and let it swim in the simmering water for a few seconds. Do not overcook.
7. Dip the cooked beef into either ponzu or sesame sauce and eat immediately.
8. After cooking a few beef slices, add vegetables to the pot and enjoy when they are cooked.

Pinch: When beef and veggie slices are all gone, you can add other cooked meat or noodles to the broth and enjoy.

Kakemon Ponzu

This citrus flavored soy sauce dressing has been popular in Japan for years. It can be used right from the bottle, as a dipping sauce or as an ingredient in a variety of delicious recipes. Whisked together with a small amount of oil, kakemon is a versatile dressing.

Kakemon Peppercorn Sesame Sauce & Dressing

It's a delicious dipping sauce with a nutty sesame flavor and creamy texture. It's great for steakhouse, but it can be used as a life, beef and pork dressing. It can also be mixed in a salad dressing for salads, chicken, vegetables and noodles.

www.kakemon.com



Chocolate Almond Pannacotta with TAKARA Mirin



Ingredients

(Serves 4)

- 2 tbsp filtered water
- 1 1/2 tsp gelatin powder
- 1/8 cup heavy cream
- 1/4 cup maple syrup
- 1/4 cup TAKARA Mirin
- 1/2 tsp salt
- 1 oz bittersweet chocolate, shaved thinly
- 1 cup crushed almond and milk

Directions

1. Sprinkle gelatin over the top of the filtered water and stir in gently until dissolved. Let stand for 10 minutes until softened.
2. Combine heavy cream, maple syrup, TAKARA Mirin and salt in a heavy, small sauce pan. Stir over medium low heat until the milk begins to scald.
3. Reduce heat to low and add gelatin, stirring until it dissolves.
4. Then, stir in chocolate and keep stirring over low heat until chocolate is completely melted.
5. Stir in almond milk and continue heating for another 5 minutes over low heat until mixture is smooth and glossy.
6. Remove from heat and cool until warm. Transfer hot liquid to a heat proof pitcher, and pour into ramekins or jelly jars and cover with plastic wrap. Allow to set in the refrigerator for up to 4 hours.

*This recipe was created for Takara USA (USA) by Chef Gordon and Chef Hara.

Pinch: You can top with your original seasonal berry salad (Mix berries with reduced TAKARA Mirin and fresh squeezed orange juice and lemon juice).

TAKARA Mirin

Mirin is one of the most common ingredients used in Japanese cooking. TAKARA Mirin, distilled 100% in a small cooking sake that brings many delicious flavors to a variety of foods. Mirin is a traditional Japanese cooking wine that brings out richness of new flavors in every dish. The alcohol in mirin is used to cook the ingredients to desired flavors. It also prevents baked foods from drying out and gets rid of unpleasant odors, enhances aromas and fish.

www.kakemon.com



Ginger-Honey Sour Drink



(Ingredients)

(Serves 10)
 1 lb. fresh ginger, peeled
 2 c. honey
 2 c. rock sugar candy
 3 1/2 c. Molten Rice Vinegar

(Directions)

1. Wash ginger root thoroughly and dry well. With the skin on, slice ginger very thin.
2. Using a jar with a tight fitting lid (avoid metal lids), pour honey and Molten Rice Vinegar into it. Tighten cover the jar and shake vigorously to mix the contents well.
3. Then add sliced ginger and rock candy into the mixture. Cover and refrigerate.
4. Once a day, for one week, shake the jar mixing the contents. The mixture is ready to enjoy and the sliced ginger in the jar is also edible. If desired, after seven days, keep the jar in the refrigerator to keep the drink fresh longer.
5. The finished drink is concentrated, and needs to be diluted with warm water (or cold water) to the taste of 1 (drink) to 5 (water).

Point

You can also use chili sauce or ginger ale to make this drink. It's delicious when mixed with hot water or hot rice wine.

Molten Rice Vinegar

Made from 100% rice, Molten Rice Vinegar is less acidic and slightly sweeter compared to other vinegars. Its tangy aroma and mild taste is good for every vinegar recipe. Use it in a salad dressing (instead of oil or vinegar), marinades, soups, stir-fry, meat, vegetables, and more. Try it as a versatile recipe ingredient.

www.Molten.com



Stir-Fried Shrimp with Broccoli



(Ingredients)

(Serves 4-5)
 1 stalk broccoli, sliced
 1 stalk ginger, sliced
 1/2 cup hot water
 1/4 dash of salt
 1/4 dash of oil
 5 tbsp vegetable oil
 Salt and pepper to taste

(Mix A)

1/4 tsp sake 1/4 tsp kikkoman ke-joint (sake)

(Mix B)

2 tbsp kikkoman Oyster Sauce Red Label
 2 tbsp water 1/4 tsp sugar 1/4 tsp sesame oil
 1/4 tsp kikkoman ke-joint (sake)

(Directions)

1. Shell and devein shrimp and coat with Mix A.
2. Heat 2 tablespoons of oil in a frying pan and stir-fry broccoli with a dash of salt and hot water. Once it's done, set aside.
3. Heat 2 tablespoons of oil, stir-fry ginger and scallions until they release an aroma.
4. Add shrimp, sprinkle sake over it and stir-fry until shrimp turns red.
5. Add broccoli and pour Mix B over it. Season with salt and pepper as you like.

Point

In order to enjoy shrimp and crisp broccoli textures, stir-fry them at high heat quickly.

Oyster Sauce Red Label

One of the great hallmarks of Asian food, oyster sauce is also the Chinese. This and kikkoman-dates as well as all kinds of natural Asian foods. Mix rice, beans, eggs, and scallions. Rich, thick kikkoman Oyster Sauce is made from the natural liquids to extract from fresh oysters. Its savory taste is enhanced with a touch of sweetness, and it is enriched to add body and an attractive sheen. There are oysters or fish flavors, but no single food or oyster sauce.

www.kikkoman.com



Tomato and Onion Salad



(Ingredients)

(Serves 4)
 1 onion
 1 tomato
 1/4 tsp kikkoman ke-joint (sake)
 1/4 tsp kikkoman Oyster Sauce Red Label
 1/4 tsp kikkoman ke-joint (sake)

(Directions)

1. Slice onion and soak in water to remove bitterness.
2. Make a shallow crosscut on the bottom of tomatoes and blanch them.
3. Peel the skin off the tomatoes and make a deep crosscut on top.
4. Slice tomatoes into 1/2 inch cubes.
5. Serve each tomato in a plate, top with onion and sprinkle dressing.
6. Pour as much kikkoman Ponzu as you like.

Point

You can be creative about serving styles. You can cut tomatoes into small pieces, top with onion and dress with ponzu, for example. The ponzu has no oil content, so it is a healthy substitute for dressing. If you want more full-bodied flavor, you are free to add oil. Because of its status as a Chinese style dish while olive oil adds Mediterranean flavor. The extra flavor of kikkoman Ponzu allows your appetite.

Kikkoman Ponzu (Right)

The citrus flavored soy sauce and dressing has been popular in Japanese years. Ponzu is a blend of rice, soy, and citrus. It is a dipping sauce to use as an ingredient in a variety of delicious recipes. Wholesome ingredients with a small amount of oil, it becomes a beautiful dressing for Peking-style Cold Noodle Salad. Or try using it in Szechuan-style dishes such as Hot & Sour Noodle Soup and more.

www.kikkoman.com





Gluten-Free Summer Dishes with Kikkoman Seasonings

Although sunshine makes us happy, summer heat is not always kind to our health. Eat well and get energized with healthy dishes with gluten-free seasonings from Kikkoman.

Individual Meatloaf with Mushroom Sauce



(Ingredients) (Serves 4)
 1 lb ground beef
 1/2 cup chopped onion
 1/2 cup Kikkoman Gluten-Free Panko
 4 tbsp milk
 1 1/2 tbsp Kikkoman Low Sodium

Teriyaki Sauce
 1 egg
 1/2 tsp salt
 1/2 tsp garlic powder
 1 tbsp sesame oil
 Black pepper to taste

(Mushroom sauce)
 2 cups sliced mushrooms of your choice (white, crimini, portobello, shiitake, oyster, shimeji, etc.)
 1/3 cup chopped onion
 1/2 cup red wine
 1/4 cup ketchup
 Salt and black pepper to taste

(Directions)

1. Soak panko with milk and set it aside.
2. In a bowl, put beef, chopped onion, sautéed porks, teriyaki sauce, egg, salt, garlic powder and black pepper.
3. Mix well with your hands until all ingredients are together and develop an elastic texture.
4. Divide the mixture into 4 and form them into flat oval shapes.
5. Heat a frying pan and put 1 tablespoon of sesame oil.
6. Put individual meatloaves in and sear for 3 minutes over medium heat.
7. Carefully flip and put a lid over the pan. Sear for 5 minutes.
8. Remove individual meatloaves.



From the pan and put them on serving plates.
 9. Add mushroom slices and sear for 3 minutes.
 10. Add wine and ketchup and simmer the sauce for 5 minutes.
 11. Pour the sauce over the meatloaves and serve with cooked vegetables, mashed potato (not included in the ingredient list above).



Tip: Ground beef can be substituted with other ground meat, such as chicken, turkey or lamb.

Teriyaki Salmon



(Ingredients) (Serves 2)
 2 salmon fillets (3/4-1 inch thick, skinned or opt skin)
 1 tsp panko

(Directions)

1. Coat salmon fillets with sake and let it sit for 10 minutes.
2. Put dry the salmon with a paper towel.
3. Heat the frying pan and put sesame oil.
4. Put salmon in the pan and sear for 3 minutes.
5. Flip over to sear the other side for another 3 minutes.
6. Remove excess oil from the pan using paper towel.
7. Pour low sodium teriyaki sauce over salmon and turn the heat to low.
8. Let sauce coat both sides of salmon.

2-3 tbsp Kikkoman Low Sodium Teriyaki Sauce
 1 tsp sesame oil
 Sliced lemon for garnish

by shaking the pan and turning the fillets over.
 9. Put salmon on serving plates with other vegetables and pour remaining sauce in the pan over them.
 10. Garnish with lemon.





Shredded Chicken and Mint Summer Roll

(Ingredient) (Serves 2)

- 1/2 cup pork chop
- 1 chicken breast
- 18-20 mint leaves
- 1/2 cup thinly sliced red onion
- 3-4 Persian or chili

cucumbers

- 3-4 slices ginger
- 1-2 slices garlic
- 1 tbsp oil
- 1/2 cup pork
- 6 sheets round rice paper wrappers (8 1/2"

inch diameter)

- 3 tbsp Kikkoman House Sauce
- 3 tbsp Kikkoman Sweet Chili Sauce
- 1/2 tsp to season

(Directions)

1. Coat chicken breast with 1 tablespoon of salt and let it sit for 15 minutes.
2. Put ginger slices and smashed garlic cloves in 2 cups of water and bring it to a boil.
3. Add salt and another tablespoon of salt to the water in step 2 and bring it back to a boil.
4. Put chicken breast in the seasoned boiling water and turn the heat down to medium.
5. Poach chicken breast slowly for 20 minutes or until cooked through.
6. Let chicken breast cool down in the poaching liquid.
7. When completely cooled, take out the chicken and shred with hands and set it aside.
8. Julienne cucumbers and set it aside.
9. Place a clean damp kitchen towel on a work surface. Fill shallow dish large enough to hold the rice paper wrappers with water.
10. One wrapper at a time, submerge the wrapper completely for about 10 seconds.

11. Place it on the damp towel and put 3-4 mint leaves, shredded chicken breast and/or other slices in the center.
12. Fold the bottom half of the rice paper wrapper over the filling. Then fold both sides in and finish by tightly rolling the entire wrapper up like rolling a cigar.
13. As an option, cut them into bite size pieces and serve with house sauce and sweet chili sauce as dipping sauce.



TIPS

Please do not substitute chicken breast with pork chop. Pork chop is a leaner cut of meat and will cook faster than chicken breast. If you are using pork chop, please use a meat thermometer to ensure it is cooked through.

kikkoman
seasoning your life

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Grocery & Save Guide

This following is list of stores where you can buy Japanese food and liquor.

Ⓢ Check website at www.chopsticksonline.com
Ⓢ Clicked the Ⓢ available to pick up

GROCERY

1. Niji 250 Broadway (bet 11th & 12th St.) 212-269-4902 Japanese	10. Densha Midtown West* 36 W 36th St (bet 34th & 38th St.) 212-252-6521 Japanese	19. Densha Midtown East* 120 E 47th St (bet 3rd & 5th Avenue Ave.) 212-763-2899 Japanese	28. Katagiri & Co. Inc.* 204 E 100th St (bet 3rd & 4th Ave.) 212-763-2899 Japanese	37. NISAN* 33 East 13th St (bet 9th & 10th Avenue Ave.) 212-461-9309 Japanese	46. Sanyo Mart Midtown* 117 E 4th St (bet 3rd & 5th Avenue Ave.) 866-266-9232 Japanese	55. TDMY* 250 E 120th St (bet 3rd & 4th Ave.) 212-652-1271 Japanese	64. H Mart Hae Ahn Room 26 W 37th St (bet 34th & 40th St.) 212-463-3211 Korean	73. Wientje 11 W 37th St (bet 34th & 40th St.) 212-264-1715 Korean	82. Densha Greenway Village* 450 9th Ave (bet 12th & 13th St.) 212-463-6237 Japanese	91. Yoda 62 East 24th St (bet 22nd & 26th St.) 212-696-2521 Other	100. MUMI Village 50 25th Ave (bet 23rd & 27th St.) 212-693-3897 Japanese	109. Seaside Mart Astor Pl* 45 Broadway St (bet 35th & 37th St.) 212-463-3232 Japanese
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2. New Kam Mee, LLC* 280 Smith St (bet 1st & 2nd St.) 212-471-4336 Chinese	11. No Japanese Delicacies 118 E 3rd St (bet 1st Ave & 2nd Ave St.) 800-475-0291 Japanese	20. Rosetta Wines 40 Exchange Pl (bet 19th & 21st St.) 212-371-6332 Other	29. Tokyo Mart* 81 Midway St (bet 70th & 72nd St.) 212-671-4132 Japanese	38. Pearl River Mart* 477 Thompson St (bet 5th & 6th St.) 212-472-5882 Chinese	47. Seaside Mart SoHo* 210 Hudson St (bet Hudson & N York St.) 212-243-6323 Japanese	56. Midway* 161 E 4th St (bet 3rd & 5th Avenue Ave.) 212-521-4906 Japanese	65. Family Market* 25-30 Broadway Ave (bet 1st & 2nd St.) 212-693-3232 Japanese	74. H & T Marketplace 11841 Manhattan Rd (bet 1st & 2nd St.) 212-461-1211 Korean	83. H Mart Northern Blvd 141-40 Northern Blvd (bet 1st & 2nd St.) 212-264-4536 Korean	92. H Mart Williams Park* 428 W 34th St (bet 32nd & 36th St.) 212-463-3232 Korean	101. Sakana-gyo* 7020 Queens Blvd (bet 11th & 12th St.) 212-264-1231 Japanese	110. Togo togo* 450 9th Ave (bet 12th & 13th St.) 212-264-1231 Japanese	119. H & T Marketplace 401 Rte 94 St (bet 1st & 2nd St.) 212-463-3232 Korean	128. H Mart Grand Neck* 430 East 10th St (bet 8th & 12th St.) 212-463-3232 Korean	137. Nara Japanese Foods* 1401 Main St (bet 13th & 15th St.) 212-463-3232 Japanese	146. 28th Wiggins Dr* 2120 28th Ave (bet 13th & 15th St.) 212-463-3232 Japanese
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3. DWBB 100 Madison Ave (bet 1st & 2nd St.) 212-471-4336 Japanese	4. Fuji Mart Searsville* 801 Albee Park Rd (bet 1st & 2nd St.) 212-471-4336 Japanese	5. H Mart Houtchelle* 201 North Corporate Center (bet 1st & 2nd St.) 212-471-4336 Korean	6. Kim Sam Foods* 201 North Corporate Center (bet 1st & 2nd St.) 212-471-4336 Korean	15. NARA Market* 10 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	24. Daisuke* 213 Hudson Ave (bet 1st & 2nd St.) 212-471-4336 Japanese	33. Asian Market 100 E 4th St (bet 3rd & 5th Avenue Ave.) 212-471-4336 Other	42. Feeding Gas 204 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	51. H & T Marketplace 4001 10th Avenue (bet 1st & 2nd St.) 212-471-4336 Korean	60. H Mart Englewood 21 Hudson Ave (bet 1st & 2nd St.) 212-471-4336 Korean	69. Hae Nara Chai* 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Korean	78. J.MART 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	87. Missions Marketplace* 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	96. Bulgwong Fisheries 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	105. Fuji Mart Connecticut* 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	114. Mariko 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese	123. Tokyo Japanese Store 100 W 34th St (bet 32nd & 36th St.) 212-471-4336 Japanese
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MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

Vol. 60 - MONO of the month

Tanita Body Composition Scales

Measuring one's own health is constantly on people's minds in some shape or form. Some do it by counting calories, others by the number of miles they run. And with today's technology, from wrist band fitness trackers to cell phone apps, tracking health has become much more convenient. But a certain device has been around the longest — the scale — which has evolved past simply measuring one's weight to be able to measure characteristics that can truly have an impact on health. And with the Japanese company Tanita leading the way, such scales have never been as effective as more valuable.

multi-frequency BIA achieves a more in-depth analysis on whose data can be used to support basic fitness and even medical recommendations.

The health benefits of investing in a Tanita scale — all of which are cleared by the FDA — are undeniable. Beyond the obvious effect on outward appearances, having excess body fat has crucial health consequences. Visceral fat (the fat stored in the abdominal area) is especially linked to conditions including high blood pressure, heart disease, type-2 diabetes, and some cancers. Measuring this can give the user the ability to track his or her health over time and track progress if one is aggressively trying to lose weight or get fit. Other measurements you may be interested in include muscle mass, physician rating, bone mass, basal metabolic rate, metabolic age, total body water, and body mass index (BMI).

For most consumers interested in tracking their body composition, the BC-307 seems to be the most appropriate. Smartphone compatible, it even uses Bluetooth to send data to an app that helps keep track of progress. For more hardcore fitness buffs, the BC-1500 InMotion Scale is the latest in the Tanita lineup to make significant advances. Unlike traditional handprints, the scale is able to measure one's body in individual segments (arms, legs, torso), for greater accuracy.

If your health is a concern, then Tanita's scale is the perfect fit. You'll gain a sense of confidence about how your body is doing and come up with a better plan that balances diet, exercise, sleep and stress in a whole new way. Visit tanita.com for more information.

Info: www.tanita.com



Stylish and functional, the BC-307 is the ultimate addition to your home track. This may actually be how you sleep at night.



Instead of placing another numberless scale on your phone, why not keep track of your health?

The BC-1500 allows you to measure your body fat and water. Thanks to eight BIA electrodes that connect with your feet and hands.



Tanita's body composition scales work by passing a low current (imperceptible to the touch) through the body, and measuring the time it takes for the current to travel. Water in the body conducts the current faster, while fat impedes it — the data collected from this is called bio-electrical impedance analysis (BIA). The scale then takes the BIA data and is able to interpret it (though Tanita's proprietary algorithm) to create a snapshot of your body's composition. Where Tanita has been able to excel is through its commitment to innovation. For example, its use of dual and

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607 474-1144 (Sat. 11am-5:30pm) 609-260-0427		\$100
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204 W. 19th St. (bet. 19th & 20th St.) 212-426-6922		\$30
East Village	Hot Girls	
201 Rivington St. (bet. 2nd & 3rd St.) 212-624-4221		\$50
East Village	Hot Models Downtown*	
102 Suffolk Ave. (bet. 5th & 6th St.) 212-771-4123		\$40
East Village	Hot Models Couple II	
214 E. 10th St. (bet. 10th & 11th St.) 212-426-4221		\$50
East Village	Salon*	
71 W. 10th St. (bet. 10th & 11th St.) 212-624-4221		\$40
East Village	K2 Salon	
214 E. 10th St. (bet. 10th & 11th St.) 212-426-4221		\$50
East Village	KARAOKE/TECH	
100 2nd Ave. (bet. 1st & 2nd St.) 212-763-0262		\$40
East Village	Kyora Salon*	
102 2nd Ave. (bet. 1st & 2nd St.) 212-426-4221		\$50
East Village	Pink Salon	
204 E. 10th St. (bet. 10th & 11th St.) 212-426-4221		\$50
East Village	Q Hair*	
12 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$30

East Village **REBELS***

The new Japanese beauty salon in the East Village employs several Japanese artists who specialize in hair styling, skin care, and nail services. They also offer a variety of other services, including manicures, pedicures, and waxing.

Open 100% by appointment and provide outdoor service for Japanese only.

800 100-1000 (bet. 1st & 2nd St.)
212-426-4221 (bet. 1st & 2nd St.)

East Village **SALON VUON***

Salon Vuon has opened at the new East Village location. This salon is located in the heart of the East Village, providing a variety of services, including hair styling, skin care, and nail services. They also offer a variety of other services, including manicures, pedicures, and waxing.

201 Rivington St. (bet. 1st & 2nd St.)
212-426-4221 (bet. 1st & 2nd St.)

East Village	SES-TORINO G2	
102 W. 45th St. (bet. 46th & 47th St.) 212-477-9426		\$40
East Village	SES-TORINO G13	
204 W. 19th St. (bet. 19th & 20th St.) 212-426-6922		\$30
East Village	Shoun	
607 474-1144 (Sat. 11am-5:30pm) 609-260-0427		\$100
East Village	Takamichi Hair*	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50

East Village	Tokyo Salon	
607 474-1144 (Sat. 11am-5:30pm) 609-260-0427		\$100
East Village	Y-C Salon*	
The new Japanese beauty salon in the East Village employs several Japanese artists who specialize in hair styling, skin care, and nail services. They also offer a variety of other services, including manicures, pedicures, and waxing. <p>Open 100% by appointment and provide outdoor service for Japanese only.</p> <p>800 100-1000 (bet. 1st & 2nd St.) 212-426-4221 (bet. 1st & 2nd St.)</p>		\$40
Lower Midtown	Cocoon Salon	
121 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Hazuki Hair Downtown	
102 Suffolk Ave. (bet. 5th & 6th St.) 212-771-4123		\$40
Lower Midtown	Kamiko Salon	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Lotus Salon North Moore	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Salon Mosa	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Tokyo Salon	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Lotus Salon Emma St.	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Cocoon Salon*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Compass of Knots*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Alana Salon	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Hot Studio HAGA*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Musko Salon*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Salon Sueno	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Alana Salon*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Katoko Salon*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Michi Beauty Salon	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Salon Duen*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Yosh Hair Supreme*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50
Lower Midtown	Hiro's Hair Salon*	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$50

SPa		
Midtown West	Paradise Laser	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Salon de Tokyo	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	SHIZUKA New York	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Spa Karyn NY	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Heaven Day Spa*	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Heaven Day Wellness Spa	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	MODERN SPA*	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Spa Master	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Aura Wellness Spa	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	YAK SON HOUSE*	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Wing Look	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Excy Laser Hair Removal*	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Midtown West	Polynesian Living	
201 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100

Chelsea	Hot Beauty	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	New York Electrology	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Rosario NYC	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	UNIQUE SkinCare	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Cosmo Beauty Center	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Facial Spa	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	KISS BEAUTY SPA	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Luxury Island	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Spring Thyme Wellness Spa	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	SPRINKLE	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Spa Central	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	Hot Day Spa	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100
Chelsea	King SPA Fitness	
101 Rivington St. (bet. 1st & 2nd St.) 212-426-4221		\$100

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MIKA HAYASHI, D.P.M.

Please tell us about the specialties in MIKA HAYASHI, D.P.M., P.C.

In addition to offering regular podiatric treatments and foot/ankle surgery, we specialize in sports medicine. Since I used to work at the Miller Healthcare Institute for Performing Artists, I still have many dancers and athletes as patients. They prefer less invasive treatments because they need to heal faster. I have consistently explored methods that treat their problems without surgery. Our less invasive treatment is now well-received among many patients, not limited to dancers. Everyone wants a fast recovery.

What do you keep in mind as a podiatrist while taking care of your patients?

In order to find the best treatment for each patient, it is important to get as much information as possible. Naturally, the consultation needs to be thorough and

in-depth, questioning their lifestyle and personal issues. In other words, it takes a lot of time to get to know each patient. My basic "principle" is that I treat my patients the way I want to be treated.

If any, please share some of the latest methods.

Advanced technology and methods have been developed drastically, but in the last few years, PPP (Painless-Rich Plasma) Therapy has become popular to treat chronic tendinitis and arthritis, making healing time significantly shorter. I also combine Nail Laser with others to treat fungal nails.

Any foot health tips?

I recommend to wear two types of shoes a day. If you need to wear heels during office hours, you combine with sneakers to stretch/strengthen all the leg muscles equally.



Mika Hayashi, D.P.M., treats you like her family, trying to find the best method that fits your concern, needs, and lifestyle. Dr. Hayashi works on staff at NYU Hospital for Joint Diseases.



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Health Guide

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• Closures available at www.chopsticksnyc.com
• Closures not available to pick up

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Ueshiro Downtown – A Traditional Karate Experience



There are over 15 styles of Karate taught around the world that originated in Japan. Shoin-Ryu Karate was brought to the U.S. from Okinawa by Grand Master Anko Ueshiro in 1962. Ueshiro brought his teaching style and many years of expertise to Long Island, NY, shortly after establishing his first school. Since then, the Shoin-Ryu style has been taken up in many dojos around the U.S., including two in the heart of New York City.

When offered the chance to learn about the Shoin-Ryu style at the Ueshiro Downtown Dojo, I put on my gym clothes and headed to the city. Kevin Sencio, owner of the Ueshiro Downtown Dojo, explained to me before beginning why he's taught this form of Karate for over 30 years. In the city, it can be very important to learn how to defend yourself and to maintain calm in intense situations. If you can do these two things, you can avoid being the victim of a crime and may find yourself the leader in times of crisis. That is something I never thought about when considering why people might train in Shoin-Ryu. Overall, studying Shoin-Ryu contributes to developing a healthy mind and spirit as well as overall fitness.

As the class continued, I realized that Kevin Sencio meant one-on-one instruction with a small class environment to ensure his black belt students and

myself received personal attention. The environment was serious and focused, but welcoming and unafraid at the same time. With one class, I felt as if I was a part of something bigger than myself – part of the school of Shoin-Ryu. Other elements of the class included stretching, stepping, punching, blocking and pre-arranged fighting. The nuances of every move made for an effective block, a perfect kata, or a strong punch. Training in this manner and environment allows students to develop confidence, self-awareness and respect for one another.

Today, the Ueshiro Downtown Dojo offers classes for ages 10 and up. Classes are arranged in a way that allow beginners ample opportunity to train alongside advanced students. Their convenient location in Tribeca, NY also makes it easy to train after work, after class or on weekends. Kevin Sencio's word of advice is always give yourself time. Results are never gained overnight. He has overseen generations of students grow and develop with Shoin-Ryu, and it has proven time and time again that martial arts can be a pillar in anyone's life.

—Reported by Melissa Pomeroy

Ueshiro Downtown Shoin-Ryu Karate Dojo
721 Broadway St., New York, NY 10003
TEL: 946-345-0172 | www.downtownkaratedojos.com



The founders for Shoin-Ryu Karate lived at the Katon that are practiced/exhibited in every class.



Every training session begins and ends with a bowing. A key principle of the dojo, including a respectful bow.



There is the long a student develops strength and coordination for more advanced techniques at later classes.



A strong defense habit can ensure the difference between making it through a fight and defending your opponent. There is no last ditch effort.



School Guide

The following is a list of schools where you can learn Japanese culture.

★ Coupled Institute is www.chopsticksonline.com

★ Check the list available to click up

LANGUAGE

Upper West **Revels Academy**

5000 5th St. NW, Atlanta, GA 30318
202-688-0000

Upper West **Japan-USA Foundation**

4000 Peachtree St. NE, Atlanta, GA 30319
202-688-0000

Upper West **Year True Self**

5000 Peachtree St. NE, Atlanta, GA 30319
202-688-0000

Midtown West **NY Japanese Language**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Dojo Japan Club, Japan Institute NY**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Amity Language Institute**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Hills Learning**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Asia Language Institute Inc.**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Japan Society**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Language House**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **PC Tech**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Planet New York**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **ABC Language Exchange**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Town**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **NYU-SCPS**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Yokawa Language**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Long Island **Long Island Japanese**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Long Island **Long Island Japanese Culture**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Go! Nippon Language**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Kara Academy**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **WCC Continuing Edu**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Isle of Mito**

200 W. 34th St., 11th Fl., New York, NY 10018
800-262-0172

Midtown West **Japan Language Institute**

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HIDEYO NOGUCHI (1876-1928)

Osigo Naguchi was an internationally known bacteriologist who discovered the agent of syphilis. Born into a poor farming family in Kawasato, Fukushima, he accidentally burnt his left hand as a child but could not get medical treatment because of his poverty. Leaving his fingers connected and immobile. When he was 13, Naguchi was able to have surgery and recovered use of his fingers. **Notably:** This motivated him to study medicine. He showed talent immediately and became a medical doctor when he was 28. He moved to the United States in 1906 to be the research assistant of Dr. Simon Flexner at the Rockefeller Institute for Medical Research. In 1910 Dr. Naguchi proved that syphilitic spirochetes was the cause of paretic. He invaded Central America and South Africa doing extensive research for a vaccine for yellow fever. While working in Africa Dr. Naguchi caught yellow fever himself and died to the age of 41. He is been the face on the 100-yen Japanese note since 2000.



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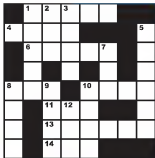


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Japanese CROSSWORD



Across

- Look up at the sky at night, and you will find beautiful _____
- _____, replying that an action or concept is repeated, is used to mean "again" and "also" depending on the context.
- "Vegetables" in Japanese
- _____ is used to describe someone possessing elegance and sophistication _____. *ga ya* means "elegant" or "well-mannered," while _____ *ga waku* means "tactless" or "bad-mannered."
- "Panic" or "dish" in Japanese
- Mt. _____ is an active volcano located in Kumamoto Prefecture that was used as a backdrop in Akira Kurosawa's masterpiece *Ran*.
- A general term for card games derived from a Portuguese word meaning both "the letter S" and "cards."
- "Big brother" in Japanese

Down

- An i-adjective meaning "fast" and "quick"
- _____ *ao* is an upscale suburban convention in Baltimore featuring anime, manga, and cosplay.
- At the Tanabata (Star Festival) on July 7, Japanese people hang paper with wishes written on them on _____ (bamboo branches).
- Casual, cotton *kimono* are called _____. Originally worn for bathing, they are now worn at summer festivals.
- "Living room" in Japanese
- This past May, President Obama visited _____ *Osaka*, the primary target of the atomic bomb in World War II.
- A noun meaning "inside" and "interior"
- "Slight" in Japanese
- A suffix used after a person's name to indicate respect



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Depachikas and Conbinis – Enticing Hungry Travelers

Whether on a budget or not, it is hard for any traveler to resist the allure of Japanese depachikas and conbini in Tokyo and other Japanese cities. A depachika is the food hall located at the basement of Japanese department stores where vendors sell a dizzying array of prepared local and regional sweet and savory foods as well as popular Asian and Western treats. On a more downscale level, one can equally enjoy food treats offered by neighborhood conbini (convenience stores), of which there are quite an astonishing number populating city and rural neighborhoods.

Both depachikas and conbini are the epitome of convenience, and it is convenience offered to a customer with great courtesy and often with a bow and a smile. For the food-focused traveler, it is convenience with a wonderful bonus: the foods are almost always delicious. And many, particularly in the depachikas, are beautifully presented or packaged to boot.

Japanese conbini such as chains 7-Eleven, Lawson, and Family Mart are patronized heavily by locals but have proven to be great draws for travelers. Offering food and non-food items such as toiletries, medications, and A/Vs, they're clean, wonderfully efficient, and delightfully low cost. And the food? From onigiri (rice balls), kareage (deep fried food), steamed pork and sweet bean buns, assorted countless white bread sandwiches, and

packaged Japanese savory snacks to huge selections of beer, canned coffee, and other alcoholic drinks including sake, one can have an instant, cheap, and awesome meal (a *pom!*) any time of the day.

On the other hand, upscale depachika (the term is derived from "depansu" for department store and "chika" for basement) clearly have aesthetics in mind to draw customers to their food offerings. A highly popular feature of prominent department stores like Tokai, Tokai, Isetan, and Mitsukoshi, visitors will delight in wonderfully put-together bento boxes, colorful and artfully arranged salads, and intricate looking sweets, all very appealing not just to a hungry stomach but also to the eye. Many Japanese sweets and treats are already beautifully packaged, reminding one of gifts, and thus make perfect souvenirs for travelers to bring home. Most depachika foods are for take away although there are a few eat-in areas. And for customers who prefer fresh food like fruits, vegetables, and seafood depachikas usually have a section for these as well. As a further nod to convenience, many of these food halls are linked to subway and train stations.

Any traveler would be stumped in not checking out these two wonderful fixtures of Japanese living.

—Reported by Maria Shunberg



You'll find delightful looking bento at the mezzanine of Tokyo's Tokai department food hall.



▲ Tokyo's better depachika offer a truly unique and special depachika food event.

▲ One of the things that differentiates depachika from conbini is its presentation. This beautiful Ritz Bar is found in the Tokai department depachika.

AFFORDABLE GOURMET FOODS IN CONBINIS

Conbini are a wonderful source of food for the traveler and offers one a peek into the world of Japanese cuisine. The 8 food delicious inexpensive versions of classic (or better) sushi, deep fried treats, and an impressive variety of snacks and drinks.



Conbini are a wonderfully tasty food in depachika and other bento are big favorites at conbini.



Popular bento and other food items are popular among Tokyo Japan. Also, 500 yen (about \$4 per person) in a bowl!



Conbini carry even food liquor. Alcohol drinks at Tokyo's Family Mart include sparkling wine.



The only problem with packaged bento snacks available in conbini is deciding where to get.

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DOYŌ-NO-USHI



Once "tsuyu" (Japan's rainy season) is over, the hot, humid summer arrives in Japan. The heat really goes up—as does people's discomfort—during the period known as "doyō-no-ushi."

"Doyō" is the term used in "nijūshiseiki" (twenty-four solar cycles) to represent the 18–19 days before the first day of each season, so there are four doyō in a year. The doyō of summer usually starts on July 19 or 20 and ends on August 6 or 7, depending on the calendar of the year. "Ushi" is one of the twelve signs applied to each day in nijūshiseiki. Doyō-no-ushi, then, means the day of the ushi sign during the doyō period. Although doyō-no-ushi occurs during each season, these days the summer ones are the most significant. This is largely because of a custom that has been enjoyed for about 200 years: eating "unagi" (eel).

This custom started during the late 18th or early 19th century, but its origin is somewhat ambiguous. There are a couple of ep-

isodes that seem to be connected to its beginning, the most famous one involves Gennai Hiraga, a scientist-scholar-playwright of the late 18th century. An unagi vendor asked him for suggestions on how to keep selling unagi through the hot summer when people usually lose their appetites. Hiraga came up with the idea of promoting the traditional belief that eating something that begins with the letter "u" on the day of ushi will give people energy to fight "natsu-bate," or heat exhaustion. Then he suggested that the merchant put a sign in his storefront announcing, "Today is the day of USHI!" The marketing campaign was a success. Other unagi vendors copied this idea, and the custom gradually spread nationwide.

Regardless of the origin of this custom, eating unagi on doyō-no-ushi is reasonable from a practical point of view. Abundant in vitamins A, B1, B2, and E as well as DHA* and EPA,** unagi is nutritious enough to help people avoid and recover from summer lethargy. Even though the dish is available all year round, Japanese enjoy eating sizzling "unagi no kaba-yaki" (charbroiled marinated unagi on rice) during the hottest part of summer. This year's doyō no ushi falls on July 30.



*DHA: Docosahexaenoic acid (DHA) is an omega-3 fatty acid. DHA is essential for the proper functioning of our brains as adults. In addition, omega-3 fatty acids are part of a healthful diet that helps lower the risk of heart disease.

**EPA: Eicosapentaenoic acid (EPA) is one of several omega-3 fatty acids used by the body. It is considered that increased intake of EPA has beneficial effects on coronary heart disease, high blood pressure, and inflammatory disorders, such as rheumatoid arthritis.

ASIA

P. 48 Asian Beauty + Health



Chen Pi

Chen pi, dried outer skin of Asian citrus varieties such as mandarin orange and tangerine, has been used as an important herb in Chinese medicine.

P. 50 Asian Travel



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We feature the Chiang Mai and Chiang Rai provinces in the northern part of Thailand, which have unique history, nature and dynamic culture, quite different from other major destinations like Bangkok and Phuket.

CHEN PI IS A TANGERINE DREAM FOR HEALTH

Asian people have profound respect for the strong link between what we eat and how we look. When we feel good, we look good. In Asia, many foods are used to enhance both health and beauty, eaten as well as applied to the skin. Chen pi - tangerine peel - is an excellent example.

Tangerines (mandarin oranges) are a popular fruit all over the world because they are delicious and small enough to take anywhere for a handy, mood-lifting snack. The health benefits of these vibrant, little citrus fruits are well known. A compact nutritional powerhouse, the tangerine contains flavonoids, vitamin C, folate, potassium, and vitamin A - in fact, about three times as much vitamin A as regular full-size oranges. (That extra boost of A makes it easier for the body to absorb iron, another important nutrient.) These components promote wellness throughout the body from cell DNA to the heart and bones. What's more, one tangerine contains just under 40 calories and about 1.5 grams of fiber.

But the juicy inner flesh of this fantastic fruit is not its only claim to fame. The outer skin - too often discarded after the fruit is peeled - also contains valuable nutrients. And so, for centuries, practitioners of Chinese traditional medicine wisely stored tangerine peels, drying them in the sun until their soft, oily sweetness turns hard and bitter. Traditional medicinal beliefs hold that the dried peel is, the more potent its effect when used.

In Chinese medicine, citrus peel - said to connect with the spleen, stomach, and lung meridians - has three primary functions: to circulate the spleen and stomach Qi (energy) and strengthen the spleen to release nausea and vomiting, and to draw up congestion in



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the chest and diaphragm, congesting phlegm so it may be coughed up more easily.

The health benefits of citrus peel have not escaped Western medicine practitioners, who appreciate its antibacterial, antifungal, and anti-inflammatory properties, and understand that it works as an expectorant, tonic, antiseptic, and anti-emetic. With smoothies so popular on the culinary landscape, it's a no-brainer to add chen pi to any fruit or veggie medley in a Vitamix, and drink it to many benefits - especially when we're getting over a cough.

When the body is healthy and the immune system strong, the skin takes on a lovely, radiant glow. And when foods that promote health are applied directly to the skin, an improved complexion is instantly noticeable. Vitamin C - the main benefit of tangerine

peel - is a potent antioxidant, and applying an antioxidant directly to the skin naturally protects against free radicals, to help fight aging, the arch-enemy of beauty.

There are many easy do-it-yourself ways to reap the beauty benefits of chen pi. Why not dry your own peels? Just be sure to use organic tangerines, as pesticide-treated peels would negate the antioxidant effect. Soak peels in water, then use a spray bottle to mist directly onto skin for a healthy, hydrating boost - especially refreshing during summer's hottest days. Add some chen pi to creamy coconut oil, and use as a body moisturizer for a citrus-infused, emollient effect. Put chen pi into your steamy bottle, and let it impart its healing energy to the mix, so that when you wash your face, your scalp can soak in the benefits. All in all, chen pi is a little peel with big appeal!

We Tried Homemade Chen Pi Tea

1. Wash tangerines thoroughly and peel it.
2. Sun-dry the peels. Or if you use a dehydrator it takes only 3-4 hours to get completely dried chen pi.
3. Soak a handful of peels (about 1 oz) in hot water (about 4 oz) for about 5 minutes.
4. Strain the chen pi and you get 2 servings of hot chen pi tea.

*You can also blend the chen pi into your favorite fruit.



Dried chen pi dried with a dehydrator. Soak the chen pi into cranberry juice when making chen pi tea. It has a sweet and slightly sour that we cannot expect from large oranges.



Good orange juice steeped in a beautiful orange-scented and cholesterol-free cream.



Once steeping the orange chips, you get a golden yellow orange juice. It is better actually but it has a much stronger and citrusy-like flavor with a hint of citrus. You can steep less or more time.



Other Asian Restaurant Guide

525 Restaurants for those who want a delicious meal

- Open for lunch
- Open for lunch
- Delivery
- Family Dining
- Local Favorite
- Business Casual

Check website at www.chopsticksonline.com
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Upper West	Offen's	
265 Broadway St. (at 116 St.)	212-664-4171	
Upper West	Shue Lee West	
42 W. 116th St. (at Central Park W.)	212-664-4171	
Upper East	Carle Eastman	
180 E. 42nd St. (at 1st Ave.)	212-247-8843	
Upper East	Chinatown East	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Chinatown	Ulu's Noodle & Grill	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Lower East	Our Place	
24 E. 10th St. (at 1st Ave.)	212-664-4171	

Upper East	Philippo	
245 W. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Pig House	
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Upper East	Shanghai Pavilion	
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Upper East	Szechwan Gourmet	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	China Grill	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Joe's Shanghai	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Offen's	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
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140 E. 10th St. (at 1st Ave.)	212-664-4171	
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140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	We Love You	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Chinatown	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Oyster Seafood	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Evergreen on 38	
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Upper East	Grand Sichuan	
140 E. 10th St. (at 1st Ave.)	212-664-4171	

Upper East	Lyndee House	
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Upper East	Mei Noodle Shop	
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Upper East	Mei Ku*	
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Upper East	Great Sichuan	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	KW*	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Peking Duck House*	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
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Upper East	Big Wong	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Buddha Buffet	
140 E. 10th St. (at 1st Ave.)	212-664-4171	
Upper East	Congee Village	
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BUCKET LIST THAILAND: CHIANG MAI AND CHIANG RAI

This month, we set our sights back on Thailand, which seems to continually bubble up with its variety of tourist destinations. We have previously focused on providing an overview, as well as the stands of Koh Samui and Phuket (visit www.chopsticksny.com), but there is clearly so much more on offer within this vast country. Ms Tida Hengpangpae of Tourism Authority of Thailand (TAT) has generously shared with us her wish list—the Northern provinces of Chiang Mai and Chiang Rai.

Getting There The Chiang Mai and Chiang Rai provinces are located in the northern part of Thailand, a straight shot from the country's coastal capital of Bangkok. The climate here is cooler than the coast, which makes it the perfect place to really explore the lush, national surroundings of mountains, valleys, and rivers. Both areas are accessible by plane, which takes just over one hour into their respective airports. If you want to take ground transportation, expect a nearly 5-hour drive to the city of Chiang Mai, and an 11-hour drive to Chiang Rai. You may want to fly to one of the cities, and then drive to the other.

Chiang Mai

Considered to be the gateway to the northern region, the city of Chiang Mai is an ideal option for the cosmopolitan traveler. It has an international population, a bustling arts scene, and modern amenities. But the city is also full of history, and is home to more than 300 temples—including the famed **Wat Phra Singh**. About 11 miles from town is **Wat Phrahat Doi**

Suthep, the vast, over 600-year-old temple whose gold-plated chedi (Buddhist tower) is visible from the city on a clear day. Feeling adventurous? Rent a motorbike and make your way to the temple, while also exploring the sights and surroundings that you pass along the way.

For food, you'll find a wide range of traditional and contemporary restaurants that serve incredible local dishes along with beer and wine from around the world. But make sure to hit the **Chiang Mai Night Market** on the weekends (Wax Lax Rd on Saturdays and Ratchadamen Rd on Sundays). Here you'll discover authentic Thai cooking from longstanding vendors, but make sure to savor the **Khao Soi**, the spicy curry noodle that is a northern specialty. For the home cooks taking a class at places like the **Lanna Thai Cookery School** is a must, and will send you back home with some essential skills.

Chiang Rai

This area has recently experienced development to make it much more tourist-friendly, but don't let that fool you. **Chiang Rai** still feels both remote and raw, and there are many mountain trails where backpacking enthusiasts can test his or her mettle. The area is also replete with hill tribes that still live in the primarily untouched wilderness. Like Chiang Mai, there are many temples here, but make



sure to visit the **White Temple (Wat Rong Khao)**. Construction of this temple began in 1998 and is still ongoing, if it is considered to be one of the most significant Buddhist structures of our time, and offers a rare chance to see a temple in progress.

Perhaps what perfectly embodies the intersection of new and old in Chiang Rai is the **Black House (House of the Museum)**. This estate / museum was created by national artist, Thawan Duchanee, and presents over 40 structures that contain everything from his artwork to historical and cultural artifacts. Make sure to also visit the **Art Bridge Gallery**, which showcases the growing Chiang Rai art scene, as well as a restaurant and café that serve some of the best food in the city. This is also a great place to pick up souvenirs.

Golden Triangle

But whichever city you visit first, there is one destination that draws countless tourists every year—the famed **Golden Triangle**. This area, which lies at the intersection of Thailand, Myanmar and Laos, is historically known for its opium cultivation. Make sure to visit the **Hill of Opium Museum**, which details the now-defunct local opium trade and teaches about the dangers of the drug. Make sure to also visit nearby **Dai Mao Salong**, a small Chinese village and tea plantation where you can savor traditional Yunnanese cooking and purchase some of the best tea in Thailand.

Go to touronthailand.org



While you cannot visit one hotel at the Chiang Mai Night Bazaar, you can also pick up street groceries off from the local market.



The sweeping landscape of Chiang Rai. This is a rare and hidden sight that probably isn't readily coming to mind.

*Sea, sand, sun and smiles. Every day of the year.
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THAILAND



www.tourismthailand.org



DITP



Ko-Mek, Trang

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LincolnCenterFestival.org

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Entertainment Event / Le sure

Exhibition

June 8-August 7
Rotated Exhibitions

Asia Society

Revised Selections from the World and North American New Media Collections presents Asia Society's 40th Anniversary and honors the Newman family for their support of the Museum's mission in collecting Asian Art into the twenty-first century. The Revised Exhibitions include thirty-five objects by twenty-three artists from eight countries. This includes seminal works by Gao Hong, Dai Q. Li, Yoko Ono, Kohn, June Peck, Kiki Tanaka, and Wang Fubang among many others. This exhibition will also be accompanied by the *in and Out of Context: Asia Society's Collection of Art* displaying historical and contemporary Asian art gathered by John O. Friedlander III.

Location: 125 West Ave., (at E. 7th and E. 8th Sts.)

New York, NY 10011 / TEL: 212.688.4400 / www.asiasociety.org

Performance

July 12-17
Kyoto Noh Theatre
Lincoln Center Festival

Lincoln Center Festival opens on July 12 with one of Japan's oldest and most venerated Noh theater companies, Kyoto Noh Theatre, led by Kiyokazu Kurosaki, the 26th Grand Master of the Kyoto School and a blood descendant of the founders of Noh. Noh, Japan's approximately 700-year-old classical theater art of exquisite refinement is known for its resplendent costumes and masks, hypnotic music, and absolutely stylized performance on its austere and featureless single pine stage. In a Noh play the divide between the natural and supernatural is bridged as spirits and human interact in a world of rich symbolism. Kyoto Noh Theatre will give six performances, July 12-17, in the historic Noh Stage that is being specially built

in Japan for the Lincoln Center Festival.
Location: Jazz at Lincoln Center's Lincoln P. Rose Hall
Time: 7:30pm, Tuesday at 8:00pm
www.lincolncenterfestival.org

July 28-31
Tokorozaka CHICAGO

Lincoln Center Festival

The Tokorozaka Festival is an all-female troupe from Japan. It has been requested for its gender-bender adaptations of classical Japanese and Western stories from the debut performance in 1974. With over 2.5 million website members at trading their performances annually, they have become cultural phenomenon since then. From July 28-31, at 2016, they will be performing the award-winning musical, *Chicago*, as a part of the Lincoln Center Festival (July 12-31). They will be singing the complete Kitarō & Eiko classic songs in Japanese and performing Rob Foss's choreography.
Location: 20 Lincoln Center Plaza, (48th St. & Broadway)
New York, NY 10022
TEL: 212/201-4300 / www.lincolncenterfestival.org



July 24
"The Crystal Night in New York" - Nao Mitsuya Live Concert (featuring Nao! On Nao Mitsuya, various musical performers and stories of Japanese theater company, Tokorozaka Festival, will be performing "The Crystal Night in New York" at the Duplex. She is presenting songs from her album "Glory of Love", featuring Broadway. J.A.S. Spectra and more songs from the Tokorozaka Festival of Japan. The concert will be accompanied by a guest star, Nao! On Nao! Mitsuya live concert. Tickets: \$15-\$25
Location: The Duplex
47 Christopher St., (at 28th Ave.) New York, NY 10014
TEL: 212/666-9434 / www.theduplex.com

Event

July 1-August 21 (Weekend Only)
Geoplay Contest at Nara's Rinsen
Nara's Rinsen Upper West Side
The Upper West Side location of the Nara's Rinsen chess is hosting a unique "geoplay" promotion offering free

Event Feature

July 14-24
JAPAN CUTS 2016
Japan Society

JAPAN CUTS 2016 Festival at New Japanese Film & Music Festival's largest Japanese film festival featuring the best of new Japanese cinema. For eleven days screenings are accompanied by special guest filmmakers and actors, post-screening Q&A, parties, giveaways and much more. The festival features a variety of genres: feature animation, documentaries, melodramas, and independent films. **JAPAN CUTS 2016** opening film is *Manbiki Kazoku* (Home) directed by Shunichi Ozaki and the closing film is *The Actor* directed by



Manbiki Kazoku (Home) directed by Shunichi Ozaki and the closing film is *The Actor* directed by Shunichi Ozaki. Tickets: \$15-\$25
Location: 125 West Ave., (at E. 7th and E. 8th Sts.)
New York, NY 10011
TEL: 212/715-1258 / www.japansociety.org/japancuts

special places for those who come to celebrate on Friday, Saturdays, and Sundays from July 1 to August 31. Kids dressed in costumes will receive a stress gift. Also, pictures of the costumes will be posted on Instagram and whoever has the most "Likes" on their post will receive special goods. Join Nikita Ikemoto, such as a shirt, a stress ball, or a mug cup.



Location: JAP Foundation / The Koyasu Club
TEL: 212-233-6279 / www.japannews.com

July 11 French Cheese Paired with Sake Asian Women in Business (AWIB)

Join AWIB for a special evening at the new French Cheese Board in SOHO for a cheese and sake pairing. The evening includes a discussion on the variety of cheese and the diversity of sake, and how the pairing enhances the flavors of both. Attendees will be guided by a surprise special guest to enjoy a meal of seasonal fare, immediate and other cheese with assorted sake.

Location: 41 Spring St. (bet. 4th & Mulberry St.)
 New York, NY 10012
TEL: 212-666-1268 / www.eweblog.com

Workshop

June 27 - September 2
Summer School for Learning Japanese Culture
Parents Academy of Japanese Children's Society
 The Japanese Children's Society offers summer school for children from 3 years old to high school students as well as parents and children (3-8 years old). The school teaches a variety of subjects such as swimming, art, Japanese culture, etc. and programs are divided by age group. Programs for children from 3-5 years old are designed under the theme of "Learn Japanese Culture" and topics will alternate weekly. They accept applications weekly and have a babysitting service in the early morning and after school with a complimentary lunch for lunch. From Aug. 22 to Sept. 2, they will also accept a daily application. Middle school students may take flower workshop based on their choice. High school students are offered a variety of classes from learning about Japanese Math and even Cooking. For details, go to their website.

Location: 230 W 103rd St. (bet. 10th Ave & 11th Ave)
 New York, NY 10025
TEL: 212-635-8335 / info@japanesechildrensociety.com
www.japanesechildrensociety.com

July 28-August 16 Japanese Language Summer Classes The Japan Foundation/The Koyasu Club

The Japan Foundation offers a special 3-week summer workshop to learn essential Japanese phrases and expressions for everyday situations. Workshops are offered at two levels, introductory and Elementary levels. The cost of this 3-session workshop is \$50 with materials included. Pre-registration is required to attend. To register, send an email to japanese@ny.org by July 18, including name, phone number, e-mail address. Japanese language proficiency and workshop fees you would like to attend.

Location: The Koyasu Club
 41 W 50th St. (bet. 4th & 7th Ave.) New York, NY 10019
TEL: 212-679-6279 / www.nyj.org



Happenings

16% Discount for New Customers Tanaka Shiro Hair Salon Downtown

Tanaka Shiro Hair Salon is dedicated to providing the best hair styling for their clients by having a diverse staff who specializes in different hair types and styles. The downtown location of Tanaka Shiro Hair Salon is offering a 16% discount for new customers who join the Loyalty Club through this e-mail punch card. Customers can also receive a free 30-minute hand spa after any 80-minute treatment. Also, every Friday starting this July, Tanaka Shiro



Mr. Motoetsu Sakurai Received Edmonds Award for International Understanding The International House

On June 7, the International House hosted the recognition of global leaders in various fields such as business, the arts, and politics held the 2016 International House Award Gala at the Riverside Plaza, celebrating significant contributions to leadership and cross-cultural understanding both within our immediate community and on a global scale. Mr. Motoetsu Sakurai, President of Japan Society and former Mitsubishi executive and Ambassador and Consul General of Japan, received the Edmonds Award for International Understanding for his achievements. During his acceptance speech, Mr. Sakurai talked about the relationship between Japan and the U.S. since World War II, economic develop-

ment, and cross-cultural exchange of the two countries which have made their ties stronger. During the event, two other International House supporters, Kenneth I. Chausse and Kathleen Ingrid Burns, were also awarded for their contribution.



info.internationalhouse.org



"Red is the First Color" -Fall 2016 Collection Launch Event Shiseido

Shiseido, Japan's leading cosmetics and skincare company operating globally, held a launch party for the Fall 2016 collection at newly opened Eden Fine Art Gallery on May 18. With special speaker and artistic director Deck Page, the event introduced the Plunge Rouge lipstick series consisting of 16 different shades of red based on five concepts: Basic Red, Blending Pink, Vivid Red, Intense Red, and Quilted Red. Mr. Page talked about the relationship between women and the concept of "red." Also, the new formula features a rich creamy texture which adheres perfectly and evenly onto the



lips allowing the color to last and moisture to become even without lips.

During the event, with about 60 attendees, 4 professional makeup artists helped the guests pick which color is their style the best.

info.shiseido.com

Hot! Sake! Downtown is offering free use of their private backyard with complimentary drink, before or after your service, allowing new and old customers to relax near the busy city life.

Location: 225 W. 46th St., 2nd Fl. & 8th Ave., New York, NY 10019
tel: 646-698-8337 / www.hotdowntown.com

\$170 Discount for Cook & Coloring Services

Meat by Miyu (at Miyu Ky)

Miyu Aizawa is a hair stylist with over 25 years of experience. With her proficiency in hair color, whether coloring, she has worked with private clients, celebrities and fashion shows. For this July only, Chopsticks NY readers who make an appointment with Miyu can receive \$170 off on cut and coloring services.

Location: 209 E. 4th St., 2nd Fl. & 2nd Ave. & Goyer St.
New York, NY 10003 / tel: 646-495-4429

mycolorandcut.com/ @meat_by_miyu



1 Free Bento with More Than Five Orders

chiki nyo

Healthy, handcrafted Japanese bento delivery and catering service, chiki nyo is offering a special promotion for its first time customers until the end of July. Those who place an order for 5 or more bento boxes (Minimum A or B only) for the first time will receive one complimentary bento box. Founded by former fashion editor whose mother and grandmother are cooking instructors in Japan, chiki nyo's menu is sure to satisfy well-balanced, beautiful and tasty diets. @chikinyo / chikinyofood.com / tel: 448-648-8375



Introducing a 4-Course Seasonal Tasting Menu

TEIJIU

Opened in the NOMAD neighborhood this March, TEIJIU is a unique Japanese (garden) house, specialty restaurant, serving a 10-course meal for \$150 with no acceptance. The restaurant is the first New York branch of renowned Tokyo, HOTEL TEIJIU located in the Giga Peninsula in Akita Prefecture and they are bringing refined, traditional Japanese with Western influence. The summer they are offering a 4-course seasonal tasting menu for \$100 (wine included). It is a great introductory to TEIJIU's excellent Japanese dishes with their original concept.

Location: 264 6th Ave., New York, NY 10001

tel: 647-368-3596

www.teiju.jp

DEALS OF THE MONTH

Two Pairs of Free Tickets to HOTEL's 2016 Live NYC Performance

July 15 / Highline Ballroom

Shimazaki is a.k.a. HOTEL's all-around-entertainment, complete singer, songwriter and performer who began his music career with the Japanese rock band BOWWY in the early 80s. Interestingly he is best known for his original song "Little Medical Home or Humanity" featured in Quentin Tarantino's *Bill & Ted* movie. He is now celebrating his 30th anniversary of his music career by having live performances in Japan and Europe. He will be stopping by New York City to perform at the Highline Ballroom on Friday, July 15.

Chopsticks NY is giving away two pairs of tickets (total



four tickets) to attend the performance. To enter the contest, please send an email to hatsichopsticksny@gmail.com with your name and travel address by July 8.

Location: Highline Ballroom

475 W. 34th St., 2nd Fl. & 7th Ave.

New York, NY 10011

tel: 646-447-7677 / www.highlineballroom.com

A Pair of Free Tickets to Kyary Pamyu Pamyu (KPP) World Tour 2016

July 25 / Playstation Theater

Kyary Pamyu Pamyu (KPP) is Harajuku's iconic existence with her unique sense of style as a model, dancer, etc. KPP began her career as a fashion model in JAMO J-EET (Japanese fashion magazine) in high school and eventually gained popularity for her sweet doll-like looks. She then gained international popularity as both a fashion blogger and singer. This year will mark the 5th anniversary since her first debut. In celebration of her anniversary, she will be having a "New Years Memorial World Tour 2016".

One lucky entrant to this giveaway will win a pair of tickets (total two tickets) to attend the concert. To



enter the Chopsticks NY raffle, please send an email to kpp@chopsticksny@gmail.com with your name and travel address by July 16.

Location: PlayStation Theater

1215 Broadway, 3rd Fl. & 4th St., New York, NY 10020

tel: 212-620-7920 / www.playstationtheater.com

50% Off Brunch Sake Sengin Saki + Chirashi

The up and coming Japanese restaurant in Williamsburg, Saki + Chirashi of two delicious Japanese foods prepared in Rebata (bamboo) grill style cooking. Until the end of July, Saki + Chirashi is offering a 50% discount on their Sake Sengin (Brunch). The drink is created by their bar director, manager, and sake sommelier, Yumikazu, who was voted a finalist in the 2014 World's Most Imaginative Bartender competition hosted by Randy Senghin and a champion in the 3RD YOKKA INTERNATIONAL COCKTAIL COMPETITION.

Location: 5V Canal St., 3rd Floor & 1st Ave., Brooklyn, NY 11201

tel: 718-729-8080 / www.sakichirashi.com



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www.sangaria.com



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10TH ANNIVERSARY

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